

Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

La Leche League meeting

1st Monday of each month
10:30 a.m.
WIC Office
Vermont Department of Health
St. Johnsbury

and

Friday, September 16
3:00 p.m.
East Burke Farmers' Market

Everyone is welcome — pregnant women, moms with newborns and/or toddlers. Come to a relaxed atmosphere where moms help other moms. Even if everything is going great, come for the social interaction and the chance to help another mom! Older children are welcome.

“Like” NEK Breastfeeding Coalition on Facebook.

Mommy & Me Yoga

Friday, October 16
9:30–11:30 a.m.
WIC Office
Vermont Department of Health
St. Johnsbury

Have you wanted to try yoga, but didn't know how or where to start? Join us for a fun, family friendly yoga session!

Contact Amanda at 802-751-0171 if you have any questions.

Did you know we have a community garden?

Thursday, October 1
3:00–4:00 p.m.
St. Johnsbury Community Garden
Old Center Road, St. Johnsbury

Learn how to get a plot of your own and have the help of an experienced gardener for next growing season.

Contact Amanda at 802-751-0171 if you have any questions.

Open gym

Friday, November 13
9:30–11:30 a.m.
Blue Wave Taekwondo
61 Depot Street, Lyndonville

Kids need to get some energy out? Come to an Open Gym and meet some new friends. Kid friendly activities will be available for kids of all ages

Contact Amanda at 802-751-0171 if you have any questions.

All activities are FREE
of charge!

Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting in January, you will shop for all your WIC foods at major supermarkets and smaller grocery stores using the new WIC card.

More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.



Getting your card

Bring your family to an eWIC Learning Session in November 2015 to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates in your October home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and Facebook pages as the time gets closer. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

Ready, set, shop!

Home delivery for St. Johnsbury District Office WIC families will end the last week of December, 2015. You'll be able to use your new WIC card in authorized stores beginning January 1, 2016. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at healthvermont.gov/wic
or facebook.com/vdhstjohnsbury